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best before October 30, 1998

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THE POTABLES AND BAR GUIDE

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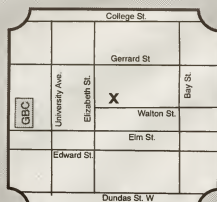
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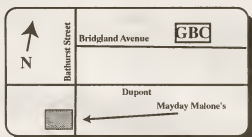
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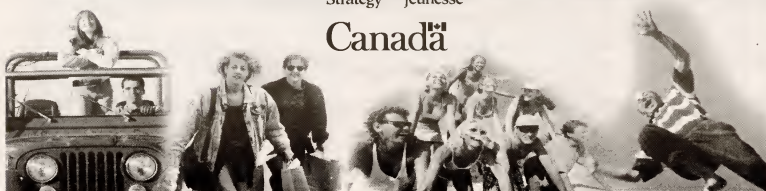
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- ☐ Find out how the National Graduate Register helps private companies recruit recent grads for permanent jobs and students for summer, and co-op jobs.

You can also connect with Canada's Youth Employment Strategy by visiting the Youth Resource Network at www.youth.gc.ca



Canada



FOOD: Our bo

It's good food and not fine words
that keep me alive.

-Moliere

Tips on choosing a restaurant or bar

by Boni Barter

having been a musician and worked in all kinds of places that most people have only seen in horror movies, I feel obligated to pass along to you some tips on dining and drinking in style:

If you are on the highway and the sign says, "Road Kill Cafe, 10 miles" I suggest you wait for the following exit.

If you order rice pudding with whip cream and find raisins in it but the waiter says they don't use raisins, you may want to avoid experimenting with any further desserts.

If you hear a lot of dogs howling in the back of the building and the house specialty is "Le Chien Du Maison" another restaurant may be in order.

If there are no prices on the menu, it's in French and you don't have a platinum Visa—it's probably beyond your price range as a student.

When chairs for the ladies are automatically pulled out for them, but the waiter didn't do it, you can rest assured that the establishment is tipping the roaches for the service.

When you ask what's fresh on the menu and the waiter makes an obscene comment, you might want to go home and eat peanut butter sandwiches instead.

When you admire the polka dot table cloths and the maitre de asks what you are complaining about since the laundry is picked up yearly, you may need to ask yourself what other options are

available.

If there are very large crew-cut, no-neck guys with tattoos that say, "Hitler Lives" want to arm wrestle with you at the bar it may be in your own best interest to quietly crawl past the moose head, then down underneath the tables and out the door.

If the walls have been sponge painted in human blood you can be guaranteed that the bar did not win the "Hospitality Of The Year" award...

When you haven't even gotten out of your car in the parking lot yet and already your ears are bleeding from the disco bass booming this is not the best choice for a romantic evening with a new date.

If your BBQ chicken is still clucking when it reaches the table, there's a good chance you will contract salmonella.

When the band unpacks their gear and you notice that they are carrying "Raid" in the microphone cases, you may want to drink there, but are you sure you want to chance the pickled kolbassa?

When other diners heads' are blowing up as they light their after-dinner smoke, you may want to ask the Mexican chef to tone down your dinner if you are prone to ulcers.

If the dishwasher is very furry, has a long tongue, and seems to be wagging in anticipation of the bus boy's cart, this is probably not a 5-star restaurant.

If the food is exquisite, the booze cheap, and the waiter is friendly there's only one of two explanations. Either they will close next week or you're not in Toronto!

by Allan Stokell

When we finally sat down behind the monitor to put together our food issue, we realized that the words of Molière, the 17th century sage, were never so true. As important as the gathering of knowledge is, it pales to the imperative of sustenance.

As a young student I often survived on mountains of macaroni and hills of hamburgers, washed down with something sweet and awful.

Students of today have a better variety of food available to them while here at George Brown College. The lower level cafeterias are now small marches of sorts dispensing a much greater variety of food than we previously thought possible. Steps from our campuses are a variety of eateries offering a great variety of various foods. We asked a staff member to try a few of the places near the various campuses and report back.

Students at the St James campus have a lot to look forward too. Not only do they have the hospitality centre across the road, with Siegfried's training restaurant, but they have Pizza

Pizza, Burger King and the marché on the lower level. Outside the door of the campus the pickings get even better. Within a stones throw are a number of excellent places. The Mediterranean at 243 King Street East (955-9292) serves a variety of foods from Greece and the middle east as well as a killer breakfast. Further along is Betty's (240 King East, 368-1300), an excellent place to hang as they have a well-posted, extensive draught beer list, as well as excellent food and a separate non-smoking area. Show your card for 10% off take out. Just a few steps further along is Zooply's (244 King East, 594-3737) The food is as bounteous as the patio is large.

Head straight south from GBC and first you hit Little York (187 King East, 364-6544) It's a book store, it's a coffee shop, it's a café...stop,

you're all right, it's all of this and more. Just down George Street to Front and you reach Upfront Bar and Grill (106 Front East, 364-6054), an infamous George Brown hangout for years (right Gerry?)

Around the corner you encounter Times Bar and Grill, a wonderful student friendly place that does breakfasts as well as afternoon cappuccino. Show your card for 10% off regular menu items.

Just across the road is the mother of



food in the mega-city. The St. Lawrence Market not only has the largest variety of food in one place in the country, it is an historic site too. Inside the market is our little favourite spot, Paddington's (91 Front East, 368-6955). A short hop further along brings you to the Jersey Giant, (71 Front East, 368-4095) the rooster, not the cow with its' selection of domestic and imported suds and great bar food. For a bit more formal dining with that special someone try Hot House Cafe just across the road (35 Church, 366-7800) Pasta is their specialty, but they have a menu sure to please everyone. Finally there are a number

Then a sentimental passion of a vegetable
fashion must excite your languid spleen,

An attachment à la Plato for a bashful
young potato, or a not too French French
bean!

Patience (1881)
W. S. Gilbert
(as in Gilbert and Sullivan)

ounteous wealth

outs nearby but no listing of
ds near GBC would be
te without mentioning Mr.
32 Front East, 364-3943)
your card and get 10% off.
nd Nightingale campus,
s don't have quite the same
but the quality of food stuffs
ot suffer. Right across the road
asty Mart where you can
urchase every imaginable
munchy,

snack

bar there are three trains of thought.
One group openly prefers Mayday
Malone's (1078 Bathurst, 531-8064)
for their Italian style pub ambience.

The other faction equally feel
strongly about People's Bar and
Eatery (270 Dupont, 925-3258)
where the term winging it brings on
a new meaning. The third faction
can't decide and frequent both places
happy in the knowledge that for
everything there is a season.

Our look at varsity food would be
incomplete without a mention of the
Hospitality campus. November 6-12,
a team of George Brown students,
Dale Meek, Matthew Kershaw,
Ashley Millis and Felicia Neil
under the tutelage of master chefs

Tom Gibson, Ed Wright
and Ian Grady will fly to
Luxembourg to
participate in the
Culinary World
Cup. They will prepare

hot and cold meals for 60
people in the hope of
winning Gold for the college.
George Brown College has
always done well at this
prestigious gathering of
the world's best
cooks and we wish
our team well.

While we wait
for word from
Europe, let's
celebrate our
own harvest with
a few recipes
from students.

Aaron Hunt, Vice
President of Hospitality
and Ed Gray, member of the
Junior Escoffier Society agreed to
share a recipe with us.

Just to round things out, our own
raconteur, Boni Barter gives her
recommendations on what
constitutes a good restaurant.

*Next issue is our Potables Guide. If
you can drink it, then we'll try to
include it. For all you budding
writers out there...the deadline is
October 23rd. See if your General
Education or English prof will
accept it as an assignment. Give it to
us on a 3.5" floppy in text (.TXT) or
e-mail it to
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not meal
are open 24 hours a day,
ays a week. (300 Simcoe,
04). On a lighter note, we
recommend a side trip to
Island (110 Walton, 340-
his unique shop behind Sick
ospital has everything for
e with a sweet tooth, even
ous Altoids.
sa Loma the variety of food
es and the quality is excellent.
ut everyone loved Pizza
503 Davenport, 439-0000) for
erous portions, and the
crust. As for favourite student

Food with Thought

by Aaron Hunt

Welcome back to school. I'm
your Vice-President of
Hospitality for the Student
Association at George Brown
College. This month is our

Dialog food issue and I have come up with
a quick-fix recipe for you to try at home.

This recipe should not take more than 30
minutes to prepare. ENJOY!
P.S. don't forget to stop by your S.A. office
today.

Sautéed Vegetables

Ingredients

bell peppers (red, green, or yellow)
2 halves
1/2 medium onion
4 stalks asparagus
6-8 mushrooms
1/2 cup/ crushed tomatoes
fresh basil
white wine (optional) 1/4 cup
garlic to taste
salt and pepper, to taste

Preparation

Note: if you use dry basil, add after all your
veggies are in the pan.

You will need two halves of your favorite
bell peppers cut into strips, onions sliced,
mushrooms cut into quarters and
asparagus into bite size batons.

Note you can also use your other favourite
veggies.

Lightly oil a fry pan with vegetable oil add
onions, lightly sauté.

Then you can add your peppers, asparagus
and mushroom to pan and cook for about
3 to 4 mins tossing in pan.

Season well with salt and pepper.

Add garlic toss in pan until you can smell
the garlic aroma.

Cook for another 30 seconds, and deglaze
the pan with either wine/ or water (if you
use water you will have to increase your
seasoning).

Reduce until almost all liquid is gone, add
crushed tomatoes, and if necessary, add
more salt and pepper.

Bring to a boil.

Finish by adding fresh basil to sauce.

Serve with your favourite pasta.

Junior Escoffier Society

Chef Ed Gray

Baked Chicken Breasts with Fresh Herbs, Mashed Potatoes, & Zucchini and Sweet Pepper Sauté

Serves 4

CHICKEN

Ingredients

4 boneless, skinless chicken breasts
1/2 cup olive oil
6 cloves garlic, finely chopped
1 teaspoon fresh rosemary, chopped
1 teaspoon fresh thyme, chopped
salt and pepper to taste

Preparation

1. Season chicken breasts with salt and
pepper
2. Add fresh herbs, garlic, and olive oil
3. Marinate for 1 hour
4. Bake in 350°F oven for 15-25 minutes,
or until the juices run clear

MASHED POTATOES

Ingredients

3 lbs Yukon Gold potatoes,
peeled and quartered
2 teaspoons salt
pot of water
1 1/2 cups milk
1/2 lb butter
salt and pepper to taste

Preparation

1. Place the peeled and quartered
potatoes in a pot
2. Cover with water
3. Add the 2 teaspoons of salt to the water
4. Bring the water to a boil and cook the
potatoes until they are tender
5. Drain the potatoes
6. Add the 1/2 lb butter to the 11/2 cups of
milk
7. Add the hot potatoes to the butter and
milk, and mash them together
8. Season with salt and pepper, to taste

ZUCCHINI AND SWEET PEPPER SAUTÉ

Ingredients

2 yellow zucchini
2 green zucchini
olive oil
salt and pepper
garlic (optional)
parsley, chopped (optional)

Preparation

1. Wash the zucchini
2. Slice the 2 yellow and 2 green zucchini
into 1/4-inch rounds
3. In a moderately heated pan, add the
olive oil, zucchini, and garlic(optional)
4. Sauté 4-5 minutes
5. Add salt and pepper to taste
6. Add chopped parsley (optional)

Bon Appetit!!!

What it is like to live with the dead!

The DiaLOG Food Issue October 1998 The DiaLOG Food Issue October 1998 The DiaLOG Food Issue Oc r 1998 The DiaLOG Food Issue October 1998 The DiaLOG Food Issue October 1998 The DiaLOG Food

PAN-CANADIAN DAYS OF ACTION

OCTOBER 13-16, 1998

**WHO'S
PULLING THE
STRINGS?**



From coast to coast, students are calling on federal Finance Minister Paul Martin and the federal Liberals to:

- Restore transfer payments to 1993 levels
- Fund a tuition fee freeze
- Transform the Millennium Scholarships into grants
- Stop punishing students and end student loan bankruptcy discrimination
- Prohibit private, for-profit education: some things are not for sale

If students are not satisfied with the federal government's response, a Day of Strike and Action will be called for February 1999.

Call 1-800-789-5870 (925-3825 in Toronto) to get involved

Canadian Federation of Students
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CUPE / SCFP 1281

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